



Malcom Randall VA Medical Center

1601 Southwest Archer Road

Gainesville, Florida 32608

(800) 324-8387 ext 6723



Gait & Balance Clinic



**Falls Prevention
and
Balance
Rehabilitation**

Balance/Vestibular Rehabilitation for Seniors

- Are you 65 or older and inactive?
- Are you concerned about your balance during everyday activities?
- Have you fallen in the last year?
- Do you suffer from dizziness or vertigo (a “spinning” feeling)?

If you answered “yes” to any of the above, you may have a balance problem.

Solving Your Balance Problems

Your **Malcom Randall VA Medical Center Gait and Balance Clinic** has a special treatment team made up of experts on walking and balance problems. The clinic uses a modern team approach and a number of special treatment methods to help you get better. It is our goal to help you go about your daily activities with less fear and less chance of falling.

Your Body’s Balance System

Balance and dizziness problems can come from many different areas, such as problems with your vestibular (inner ear) system, strokes, joint damage, head injuries, diabetes or Parkinson’s disease.

Problems with your muscles and nerves, being inactive, or ankle weakness can cause you to be unsteady, which may also lead to falls.

Consider the Facts

- Falls are the leading cause of injuries in older adults.
- Half of elderly people who fall once, continue to fall.
- Falls cause more than 200,000 hip fractures every year.
- Falls and dizziness cause 60% of emergency room visits in people 65 years and older.
- 40% of adult Americans experience dizziness.

What to Expect on Your First Visit

On your first visit you will be:

- checked by a **Geriatric Specialist** (a doctor for senior patients).
- checked by a **Pharmacist**, for pills that may add to your danger of falling.
- checked for problems with walking and balance, vestibular system, and muscle strength by a **Physical Therapist**.

Your first appointment will last about 3 hours. In order to measure your progress, at least 1 visit per month for several months will be scheduled.

Before to coming to your appointment please :

- make sure to **eat lunch**, and bring snacks if you think you might need them.
- **bring your pills** or a list of your pills, including how much and how often you take them. Also include any pills not supplied by the VA, such as over the counter pills, vitamins, and pills from outside doctors.
- bring results from any **medical reports** or tests **given outside of the VA**, such as x-rays, blood tests, MRI, CAT scan.

Doctor Referral

You need an order from your Doctor or Nurse Practitioner to take part in the **Gait and Balance Clinic**. If you are 65 years or older and have fallen, are worried about your balance during daily activities, or are having dizziness, ask your primary care person (PCP) about balance treatment at the Malcom Randall VA Medical Center.

